

GIVING THANKS DURING COVID-19

THANKSGIVING CELEBRATION GUIDELINES

Low risk activities

- Have a small dinner with people in your household
- Prepare and deliver food for your neighbors in a safe manner
- Have a virtual dinner with family and friends
- Shop Black Friday online rather than in-store
- Watch sporting events, parades, and movies at home

Moderate risk activities

- Have a small outdoor dinner with family and friends from your community
- Visit pumpkin patches and orchards while using hand sanitizer and masks
- Attend a small, outdoor sports event

To see more, click [here](#)!

THANKING OUR TEACHERS/CARETAKERS

For Teachers

- Maintain your mental health by taking part in self-care. Click [here](#) for a list of self-care ideas!
- Create a dedicated work space in your home for school-related activities
- Set office hours for remote teaching
- If you are struggling, reach out to organizations like the [Crisis Text Line](#), [National Suicide Prevention Hotline](#), or the [NAMI HelpLine](#)

For caretakers

- Establish new and healthy routines
- Follow safety advice
- Reinforce the importance of hygiene and hand washing
- Find things to be grateful about

To see more, click [here](#)!

TURKEY TROTS!

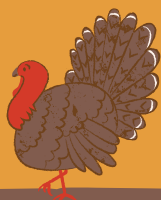
[Richmond, VA Turkey Trot](#)

November 26th through
November 29th

[Atlantic Union Bank
Drumstick Dash](#)

November 26th
Packet Pickup TBA

Get out and walk!



DON'T FORGET TO TURN IN YOUR ABSENTEE BALLOT!

[Here](#) is more information about voting and the election.

If you live in Virginia and you would like to track your ballot, click [here](#)!